

# for managing emotions

These tools are designed to help children understand and manage their emotions and feelings, and stay calm and in control in the classroom.

There are three tools included:

- a **coping skills wheel**, to give children different strategies for coping with difficult situations
- a **strengths and weaknesses chart and control circle**, to help children understand their own strengths and weaknesses and identify areas for development
- a **focus plan**, to help children stay calm and focused in the classroom.

This resource is designed to be used with individual pupils, and is suitable for children aged 7 and up.

# 1 Coping skills wheel

This coping skills wheel is a visual tool for pupils to help them with independent management of anxiety and self care.

Activities have been suggested as prompts for students during moments of difficulty, but we have also left space for children to fill in their own activities which they know support their wellbeing.



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## 2 Strengths and weaknesses chart

This tool asks pupils to break down their strengths and weaknesses in a structured way, highlighting areas for development.

These strengths and weaknesses can then be plotted on the control circle, helping them to set achievable, positive targets.

We've included some examples of strengths and weaknesses here, which you can share with your pupils as prompts if you'd like to.

**Internal strengths:** Creativity, flexibility, confident

**Internal weaknesses:** Insecurity, self-critical, shy

**External strengths:** Supportive family, good friends, in-school support

**External weaknesses:** Difficulty at home, complicated family dynamics, lack of money

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**Internal strengths**

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**Internal weaknesses**

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**External strengths**

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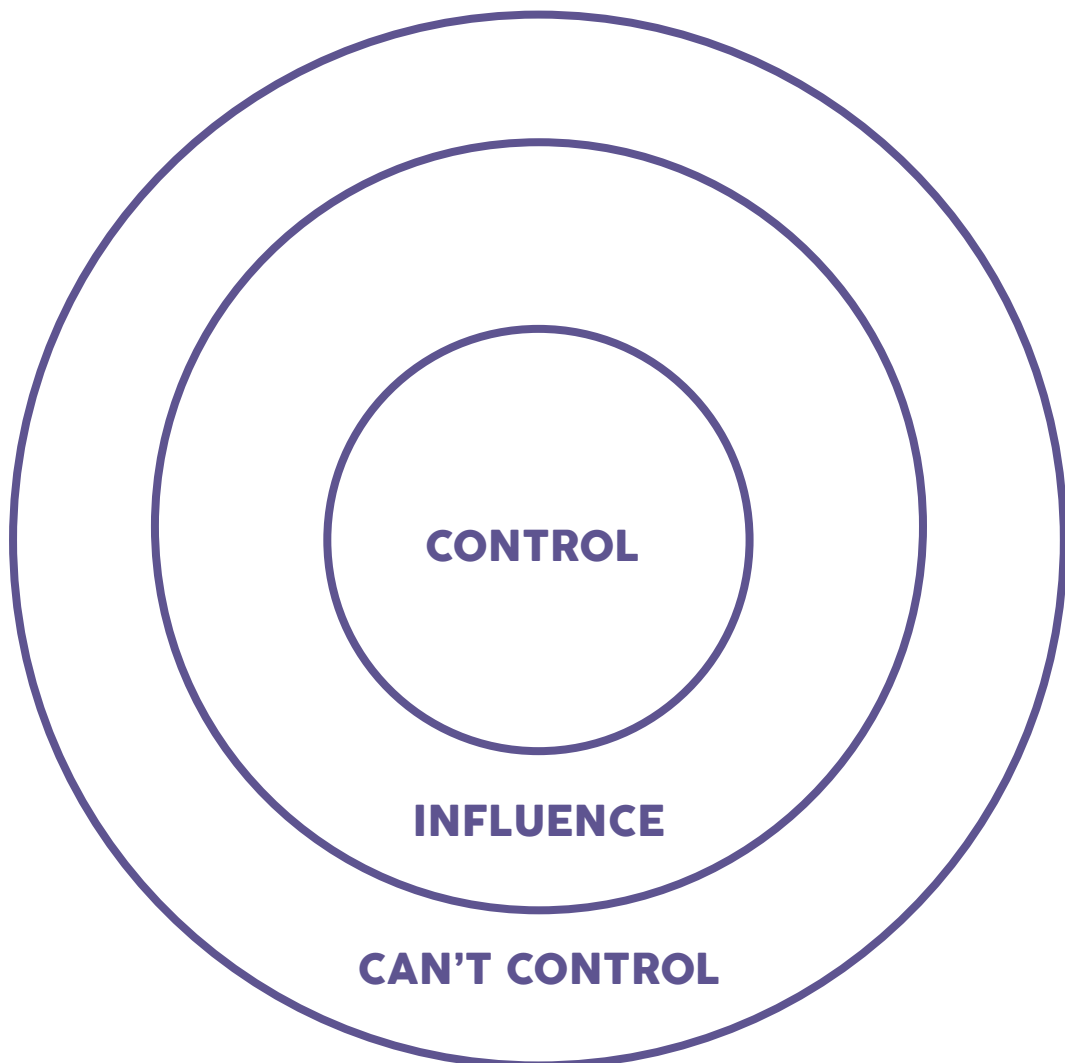
**External weaknesses**

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# 3 My focus plan

This focus plan is designed to help children remain calm in the classroom. It asks children to think about and write down three activities, in the boxes provided, that they know will help them stay calm and in control.

Pupils may wish to complete this independently, or they may require the support of a staff member or parent or carer in order to appropriately identify three activities. Once pupils have decided on the activities that will help them remain calm, they should be supported in utilising these during any moments of distress.

## My focus plan

**Name:**

**For me to remain calm and focused during learning, I will choose one of the strategies below to do for ten minutes so that I can return to my classroom, ready to learn.**

**I choose:**